



For release: Immediate  
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## **Healthy Living Events and More Mark National Trails Day at Valley Forge National Historical Park**

King of Prussia, Pa. – Outdoor recreation and healthy living will be celebrated during National Trails Day festivities this Saturday, June 7, from 9 a.m. to 3 p.m. at Valley Forge National Historical Park.

A tent pitching contest, a hike along the River Trail, educational clinics, fitness assessments, exhibits and more mark the annual event designed to promote the rewarding relationship between good health and our natural environment.

“The main goal is to inspire the public to get out and explore the Park trails and to discover, learn about and celebrate their many benefits,” said Park Superintendent Mike Caldwell.

The celebration is a collaborative effort among the Park, the Lipton Tea Healthy Parks – Healthy Living program, Eastern Mountain Sports and the Schuylkill River National and State Heritage Area. It will be held at the Betzwood Picnic Area, located on the north side of the Park, accessible to foot trails, bike paths, equestrian trails and kayaking on the Schuylkill River.

An all-day nature program entitled “Our Work: Protecting Plants and Animals” will focus on the flora and fauna of the Park and the work being done to protect it. At 11 a.m. the park presents “It’s All About Teamwork” a behind-the-scenes look at the crucial role the Schuylkill River and north side of the Park played in the Valley Forge story. Ongoing orienteering and kayaking demonstrations will be featured and trail maintenance volunteer opportunities will also be available. All events are free and open to the public.

To volunteer or for more information including a complete schedule of the day’s events and directions, visit [www.nps.gov/vafo](http://www.nps.gov/vafo) or call 610.783.1065.

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***About Valley Forge National Historical Park***

Valley Forge National Historical Park is a national icon of the American Revolution that serves as a place where visitors enjoy, understand, care for, and preserve America's history and natural heritage. The Park offers an engaging, complete educational and recreational experience, providing an important piece of the American story in a beautiful, historical, preserved landscape.

***About Lipton® Tea Healthy Parks – Healthy Living Program***

The Lipton® Tea Healthy Parks – Healthy Living Program, supported by Lipton® Tea, a brand of Unilever, Proud Partner of America's National Parks, is run in partnership with the National Park Foundation and the National Park Service. Lipton's Healthy Parks - Healthy Living Program is designed to highlight the outdoor recreation resources inherent in America's National Parks and promote the parks as daily destinations for outdoor enjoyment.

***About National Outdoor Leadership School***

With the 128-mile Schuylkill River as its spine, (pronounced SKOO-kill, Dutch for Hidden River), our Schuylkill River National and State Heritage Area is alive with a remarkable diversity of historic, recreational and cultural attractions. Along "[the Revolutionary River](#)," visitors can shadow the birth of our nation from the cobblestone streets and fabled landmarks of old Philadelphia to the huts and hollows of Valley Forge. Upstream you'll find a wealth of historic places, quaint river towns, abundant parks and access points to the river and trails, and year-round festivals and activities. To learn more visit [www.schuylkillriver.org/](http://www.schuylkillriver.org/)

***About Valley Forge Convention and Visitors Bureau***

The Valley Forge Convention and Visitors Bureau, Ltd. is a nonprofit, membership-based sales and marketing organization that aggressively promotes the Valley Forge area and Montgomery County as a convention site and leisure visitor destination by encouraging patronage of its 500-plus member hotels, restaurants, attractions and services. The Bureau's web site, [www.valleyforge.org](http://www.valleyforge.org), serves visitors, residents, meeting planners and tour operators.

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